

**Abstract**

The present invention relates to a foot-stimulation health-promoting device that includes a ring-shaped transverse member 6, which has an expansion and contraction property, and is worn on a portion of the instep of the foot and on the arch of the foot, and a ring-shaped sub-digit engaging member 9 having an expansion and contraction property. These members are mounted on a ring-shaped main body 1 which is equipped with an ankle-engaging portion 2, and a main-digit engaging portion 3 located on at tip, and side lobe portions 4, 5 for connecting them. The transverse member 6 has been sewn on only one of the side lobe portions 4, and the position can be adjusted in a fore-and-aft direction. Both ends of the substrate portion 10 of the sub-digit engaging member 9 have been sewn on the side lobe portion 5.